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OLYMPIA EYE & LASER CENTRE

Your one stop vision centre

At the Olympia Eye & Laser Centre, our vision is to improve your vision or help you with eye problems where possible.

Should you require any further information, please call us to make an appointment and see how we can improve, not just your quality of life, but your whole outlook on the world around you. If you require information, our highly trained personnel can advise you or answer your questions.



INTRODUCTION

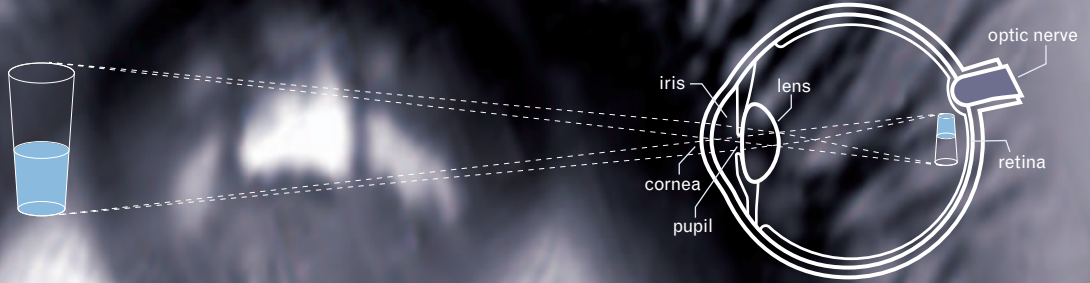
It has been said that 'the eyes are the window to one's soul'. The opposite can also be said that, your eyes are your window to the magnificent world around you. Our mission at the Olympia Eye and Laser Centre is to enable you to see your world as clearly and as comfortably as possible, and through this, add immeasurable value to your quality of life. Through accurate diagnostics, state of the art technology and dedicated, specialist treatment, we are able to offer optimal solutions to your visual requirements and impairments.

WHAT IS THE DIFFERENCE BETWEEN AN OPTICIAN, AN OPTOMETRIST AND AN OPHTHALMOLOGIST?

An Optician makes and provides corrective lenses and accessories such as spectacles.

An Optometrist can diagnose eye diseases, measure eyesight, prescribe corrective lenses and sell these to the public.

An Ophthalmologist is an eye specialist [a medical doctor who has studied further] who, after a minimum of 14 years study, can diagnose and treat eye conditions through medical, optical, and surgical or laser treatments. Ophthalmologists are also called Eye Doctors, Eye Specialists or Eye MD's. At the Olympia Eye and Laser Centre we provide the services of Ophthalmologists and Optometrists.



VISION CORRECTION INFORMATION

HOW THE EYE FOCUSES AN IMAGE

For you to see clearly, light rays must be focused by the cornea and lens to fall precisely on your retina, a layer of light sensing cells that line the back of your eye. The retina converts light rays into impulses that are sent through the optic nerve to your brain, which interprets them as images. Eye problems occur either through a disease in or a defect to a certain part of one's eye, or in the brain or pathways to the brain, resulting in bad vision. To simplify vision problems, we have grouped them into three sections, namely: 'Refractive Errors', 'Cataracts' and 'Other conditions affecting the eye'.

REFRACTIVE ERRORS

Also known as 'focusing' errors, these are problems that can be corrected or improved through the use of spectacles or contact lenses; or through surgery, laser treatment or implants or a combination of these. Most of the following types of refractive procedures [some more successfully than others] can be corrected by these refractive procedures. Most people with vision problems have a combination of these errors.

MYOPIA

Myopia, more commonly known as 'nearsightedness', causes poor distance vision. This is a very common condition.

ASTIGMATISM

Astigmatism is a condition which blurs and distorts both near and distance vision.

HYPEROPIA

Hyperopia, more commonly known as 'farsightedness' causes both near and distance vision to be blurred. In milder forms of hyperopia, distance vision may be clearer than near vision.

PRESBYOPIA

Presbyopia is the loss of near vision which occurs very commonly to people around or after the age of forty.

TREATMENTS

Regular options for correcting refractive errors are spectacles and contact lenses. We also offer permanent forms of vision correction through refractive surgery.

Refractive Eye Surgery is the general term for surgical / laser procedures that can improve or correct the eye's focus by permanently modifying the focusing ability of the eye. The most common option used worldwide is the Excimer laser which permanently changes the shape of the cornea. Other methods of refractive surgery include various lens implants into the eye and inlays into the cornea.

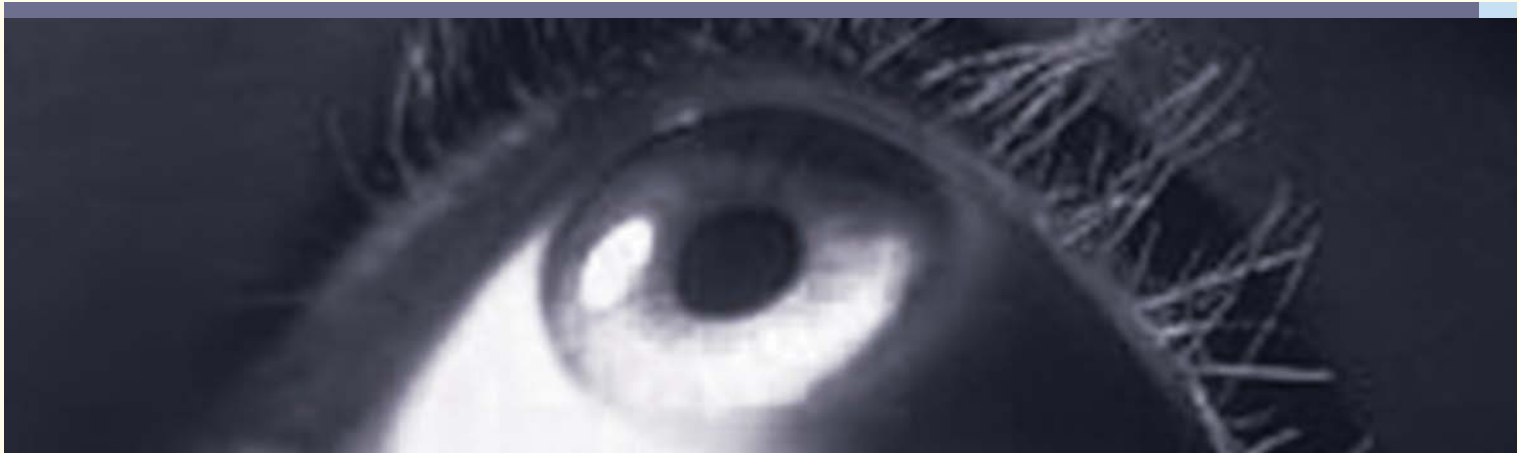
WE OFFER THE FOLLOWING OPTIONS:

Excimer Laser

Phakic Lens Implants (implantable contact lenses or iris claw lenses)

Bioptics

Contact lenses & spectacle management offered via our Optometry section.



LASER EYE SURGERY

A Lasersight LSX EXCIMER laser is used at the Centre.





VISION CORRECTION

EXCIMER LASER (LASIK, LASEK AND PRK) is the most common method used for permanent refractive correction. This laser reshapes the cornea of the eye. The first method, and by far the most common is called LASIK [Laser In-Situ Keratomileusis]

- A thin flap is first cut on the surface of the cornea using a microkeratome and then laser is applied to the deeper cornea under this flap. The flap is then replaced. The second method, referred to as SURFACE procedures [PRK or LASEK] work by applying laser to the surface of the cornea, after removing and or shifting the thin layer of superficial cells covering the cornea.

EXCIMER CORRECTION CANNOT BE PERFORMED ON ALL PATIENTS WITH REFRACTIVE ERRORS.

The main disadvantage of Lasik, is that one cannot treat higher levels of myopia. In these cases, the preferred option is phakic implants which are placed inside the eye [similar to a contact lens placed within the eye].

PHAKIC IMPLANTS (EITHER SPHERICAL OR TORIC)

Artisan anterior chamber implant

Staar ICL foldable posterior chamber implant.

BIOPTICS (a combination of procedures - ICL and LASIK) In extremely high refractive errors, either spherical or astigmatic, a combination of procedures is required.

LASIK vs SURFACE PROCEDURES.

Lasik offers rapid recovery of vision – most people can return to normal lifestyle within forty eight (48) hours.

Both eyes can be operated on in one session

Disadvantages of Lasik include some weakening of the cornea and complications arising from the creation of a flap or later flap movement.

Surface procedures take longer to heal and are more painful than Lasik.

They also have an increased risk of long term haziness in the cornea.

ARE YOU A CANDIDATE FOR VISION CORRECTION?

You should be older than 19 years of age.

Your eye measurements (refractive status) should have been stable for 2 years.

Both eyes should have normal or near normal vision with spectacles.

Your eyes should be normal on ophthalmologic eye examination.

Side effects and possible complications can occur with any procedure, even spectacles and contact lenses have inherent risks.

CATARACTS AND CATARACT SURGERY

DESCRIPTION AND SYMPTOMS

A cataract occurs when the lens of the eye loses its clarity. Cataracts, usually related to aging, occur through loss of transparency of the clear lens resulting in one's vision becoming dim, hazy or altered. Some of the first symptoms include one or more of the following:

Blurred vision or difficulty in seeing details

Excessive glare whilst driving or reading

More light required to read

Colours becoming dull

Spectacle prescription changing rapidly

Haloed around lights and light sensitivity

Double vision in one eye

TREATMENT

Surgery is the only way to treat significant cataracts effectively. Using modern techniques, cataract surgery has become extremely quick, effective and safe. Operating earlier rather than later, arguably result in fewer complications. **We use Phacoemulsification, a highly efficient procedure to remove the crystalline lens safely, allowing a rapid restoration of vision.**

BENEFITS OF OUR METHODS

Surgery is performed when the cataract disturbs vision beyond what the patient can accept or tolerate. Operating earlier rather than later, arguably results in fewer complications from surgery.

The (cataractous) / hazy part of the natural lens is removed using high frequency ultrasound energy via a thin probe.

An artificial implant is placed within the thin capsule of the natural lens that is kept intact.

The implant is foldable, so it goes through the same small incision where the cataract is removed.

The operation is performed through a small incision [3 mm or less]

Stitches are hardly ever required

Pain numbing drops are sufficient to prevent pain

We aim to avoid injections or general anaesthetics

Visual recovery time is reduced

We offer multifocal implants to some patients, to improve distance and near vision.

[There are pros and cons to these implants]

Complications and side effects do occur, as with any surgery, but rarely.

Because of this, only one eye is operated in a single session.



VISION CORRECTION

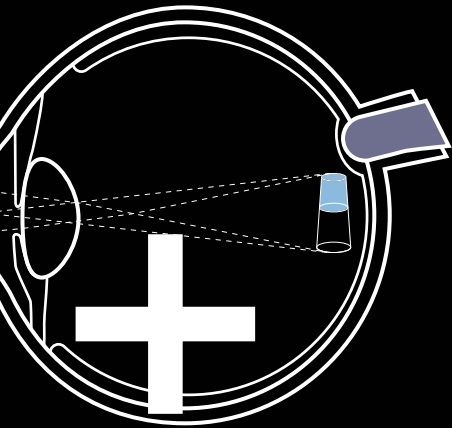
CATARACT SURGERY



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LASER EYE SURGERY

See your world clearly and as comfortably as possible.



GENERAL OPHTHALMOLOGY

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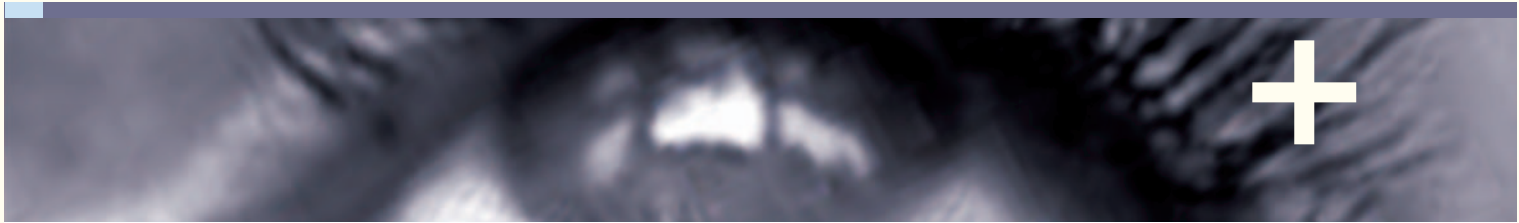
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LASIK

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OTHER CONDITIONS AFFECTING THE EYE AND VISION

EYE PROBLEMS WE TREAT AS OPHTHALMOLOGISTS

Glaucoma - Eye nerve damage often leading to blindness, usually from high pressure within the eye.

Strabismus (squint conditions) - Abnormal eye movement or alignment

Pterygium - Fleshy growths which can grow over the cornea

Corneal diseases - Where the cornea can become unclear or misshapen

Diabetes - can affect the retina and other parts of the eye. Argon laser therapy is available.

Allergic eye problems

Infective and inflammatory eye problems

Eye injuries



The management of these conditions range from conservative to medicines to optics to laser and or surgery.

Eye injuries and various other conditions are also managed.



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